

610-695-9913



Christine F. Hayes, P.T., P.C. & The Integrated Healing Center

*Specializing in orthopedics, sports
physical therapy, women & men's health,
orthotic fabrications, cancer rehabilitation
& lymphedema treatments.*

Christine F. Hayes., P.T. P.C. Newsletter

The PT ADVOCATE

February 2016

Everyone needs a healthcare advocate, let our physical therapy practice be yours!



February 2016 Newsletter

Inside This Issue

- Welcome Doug Cheng, DPT
- "Pinched Nerves In The Neck Are No Fun!"
- Refer A Friend Program

Our goal is to serve you with such a great experience that you:

1. Thank the person that sent you here
2. And REFER people you care about to our practice

- Integrated Healing Center Updates
- Coupon for Free Neck Screening
- Success Stories
- PT Patients to enter to Win!

Find the misspelled word in this Newsletter and call 610-695-9913 for your chance to win a \$10.00 gift card to an Integrated Healing Center modality of your choosing

Limited to the first 10 callers

Contest for Past and Present patients only!

Christine F. Hayes P.T., P.C Welcomes Doug Cheng to our practice.....



Douglas Cheng is a NY and PA state licensed Physical Therapist who joined our practice in January of 2016

Doug is originally from New York City and graduated with his Doctorate in Physical Therapy from Stony Brook University.

Post-graduation, Doug practiced at New York's Professional Orthopedic and Sports Physical Therapy, and University of Pennsylvania at Weightmann Hall .

Doug has experience with various musculoskeletal overuse injuries and orthopedic surgeries. Doug has a strong interest in shoulder, knee and ankle rehabilitation. He believes that treatment for any injury should be an individualized approach and should be modified to patient specific needs and goals. Furthermore, Doug also has a special interest in human movement and is Certified in FMS and SFMA which he applies to all his treatments as he believes that "injury can be prevented with improved movement patterns".

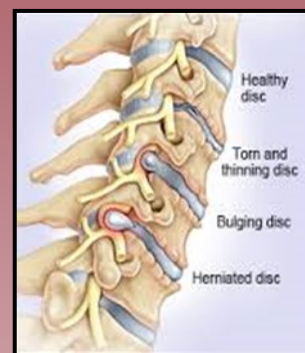
Outside of physical therapy, Doug enjoys hanging out with friends and family, working out, running, and exploring new places. Additionally, Doug is a big "foodie," as he loves to explore!

PINCHED NERVES IN THE NECK ARE NO FUN!

- Do you have pain that travels down one or both arms?
- Do you experience tingling traveling down one or both arms?
- Do you have pain in your neck that is keeping you from being comfortable at work, sleeping or doing your favorite activity?

If you answered yes to one or more of these questions, you may be experiencing a pinched nerve in your neck. Compression to the nerves of your neck may occur for different reasons such as a herniated disc, bone spurs, cervical stenosis, benign cysts etc. A disc issue for example can initially cause neck pain and when the nerve becomes compressed over time, the pain can travel down the arms. The farther down the arm these symptoms travel, the worse the condition is becoming! The initial symptom, often ignored, is numbness traveling away from the neck into the arm, followed by pain and difficulty moving your head/neck. In severe herniations the motor portion of the nerve can also be compressed creating weakness in the arms.

Often patients ask the difference between a bulging disc and the more symptomatic herniated disc (HNP). The disc has 2 main components: the inside “nucleus” which is a jelly-like substance concentrated with water, and the outer thick collagenous wall of the disc known as the “annulus”. A bulging disc remains intact but is pressurized due to poor posture or body mechanics over time and resembles a “ballooning fat tire” before the disastrous flat (as pictured right)! Many folks have bulging discs that are asymptomatic.....until they are not! At times, a bulging disc can cause transient symptoms worse with bending the head forward or aggravated with prolonged forward head “computer posturing”. When a disc advances to the next level, it herniates the jelly-like material piercing the annular wall. A painful inflammatory cycle is triggered irritating the nerve root with radiating pain down the arm.



Other causes of neck and arm pain are severe degeneration of the disc and/or facet joint arthritis that are often accompanied by bone spurs. A reduction in disc height known as degenerative disc disease and/or bone spurs reduce the space around the spinal cord especially where the nerve exits which is called the foramen.

“Stenosis” a term often used which nonspecifically means narrowing of the foramen. Though this term more often than not describes an advanced arthritis and spurring condition, it can also describe decreased space around the nerve from a herniated disc that has moved out of alignment and now encroaches the nerve! Lucky for you, it is our job as diagnostically- oriented Physical Therapists to determine the true cause of your painful condition. Some folks may have a combination of both which can be tricky..... Through clinical movement testing, we will determine which issue is the greatest source of your pain and begin treatment accordingly.

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The Physical Therapists at Christine F. Hayes, P.T., P.C. are trained to find the exact root cause of your neck and arm pain. Our comprehensive testing will include a detailed postural assessment, strength, movement and special testing to rule in whether your symptoms are coming from a pinched nerve in the neck versus other conditions such as thoracic outlet syndrome, rotator cuff injuries, or carpal tunnel. If you are experiencing weakness in your arms, our testing will determine which nerve root is involved in your compressive injury and we will work quickly to remove the compression to that nerve before the nerve damage becomes more permanent. One of the tests we will perform is called the “Spurling’s Test” (pictured right). This is an evidenced -based diagnostic test specific for cervical radiculopathy . Our repeated motion testing helps to define whether the issue is disc related versus joint related issues such as bone spurring. It is paramount to understand the origin of the pain as the treatment is very different from a healing and exercise standpoint. Doing a generic set of exercises in the wrong direction can make a bad problem significantly worse!



Once a clear diagnosis has been made, corrective exercises and postural adjustments will be made to resolve the pain and to restore full strength and range of motion. What sets our practice apart from most is the amount of hands-on work we will do to create an envi-



ronment for the nerve and the surrounding muscles to relax and heal. Such techniques include active release (ART), myofascial release, soft tissue and joint mobilization. We also will likely perform manual cervical distraction (pictured left) and/or mechanical traction to create more space within the joint for the nerve to heal. Spinal decompression exercises also add

length to your spine. Your PT will also make postural recommendations for work, activities of daily living and sleeping.

Our Phase I program emphasizes resolution of your painful symptoms and restoration of strength, flexibility and posture. Phase II is aimed at prevention of future injuries via a head -to- toe Selective Functional Movement Assessment (SFMA). In this assessment, we will identify patterns of dysfunctional movement throughout the body which may seem unrelated but often are part of the problem. At Christine F. Hayes, Physical Therapy we believe that “no injury exists in an isolated vacuum “and inefficient or poor movement patterns throughout the body definitely trickle up and downstream! Unchecked, these issues will continue to manifest sidelining you away from the things you love!

Don't delay, call our office today 610-695-9913 for an Expert Assessment of your
Cervical Pain!

“REFER A FRIEND CLUB MEMBERS”

With Gratitude to....

Christina Tabarrini	Mary Alice Spane	Susan Wheeler	Deb Goldblum
Patti Barker	Judy Huey	Marilyn Gerber	Elise Harmon
Ann Marie McNeil	Pauline McCullough	Michael Macey	Rafael Barba
Kerry Peters	Maureen Wigo	Candice Gandt	Joe Reiser
Ralph Rodak	Frank Gaffney	Lori Valentino	Chuck Oster
Diane Campbell	Alina March	Dick Greene	Scott Benner
Colleen Keenan	Tom Davies	Bob Greeney	Clyde Siravo
Jim Carroll	Mary Lewis	Gina Arasin	Gene Marino
Jyll Fremanis	Carol Williams	Jordan Cox	Ro Murray
Leslie Rodak	Susan Hunter	Steven Douthwaite	Ann Kavanaugh
David Frees	Michael Fleagley	Fran Lopez	Andrea Boos
Cecile Magnetti-Cooney	Nancy Allen	Pnina Polishook	Sharon Richter
Joyce Belmont	Michelle Ralph	Karen Pollock	Kim Koole
Val Grant	Sheila Stankina	Lindsey Smith	Carl Mazzocone
Sue McCabe	Sharon Yonker	Elizabeth Ator	Liz Ferigno
Karen Heft	Jean Oswald	Christa Melotti	Michelle Srolis
Suzanne Martin	Robbie MacLean	Elinor Ball	Shannon Makhija
Georgia Skeadas	Michele Hayes	Rosemary Rellick	Juliette Hyson
Suzanne Merchwart			

We appreciate the confidence you have in our PT practice and for sending your friends and loved ones our way!

The Integrated Healing Center

Our next “Refer a Friend dinner” and community lecture will feature “Acupuncture” led by Talia Malka Thursday May 12, 2016 from 6 to 730pm. Learn how acupuncture can be an effective healing modality for many conditions including musculoskeletal injuries, cancer-related fatigue, neurological conditions and more. As a special thank you, club members will be treated to this event at no cost to you and a guest. Non-club members may attend for a fee of \$10 which includes dinner and lecture. Please call our office to reserve your spot by May 7, 2016. Please call 610-695-9913.

Upcoming Workshops in the Center n March

BUILDING SKILLS FOR STRESS MANAGEMENT... Stress is a part of life, but sometimes it gets overwhelming. Learning new coping strategies to manage your particular stress reactions can help to reduce the negative impact of stress on your life, your health, and your relationships. Join us for four consecutive Thursdays and learn new ways to cope with stress and improve your quality of life! Led by Tara Wheeler, PsyD., BCN

Thursday Evening March 3rd, 10th, 17th and 24th from 7PM-8:30PM

Register at the cost of \$55 per session or pre-register for all four sessions and receive the discounted rate of \$200

Call 610-971-2277 ext. 4 to register or to gain additional information about the group. Space is limited, please call soon!

THE INTEGRATED HEALING CENTER - Psychology Programs

- *"Intro to Mindfulness and Self-Compassion".....Sat. March 12, 2016 12:30 - 2:30*
- *"Taking the Next Step in Meditation".....Sat. March 12, 2016 10 - 12 noon*
- *"Developing Stress Management Skills" (4 session series)...Thursday March 3, 10, 17, 24th Nancy McCarel and Associates 610-971-2277, ext. 1*

*Group Classes in Svaroopa Yoga, Pilates, and Functional Movement -
See Website for times*

For all our IHC programs visit the website www.MainlineIntegratedHealing.com

Gift Certificates available for all healing modalities!

Coupon for Complimentary Neck Screen

Call our office at 610-695-9913 to set up a free neck screening for yourself or a loved one suffering with neck pain

Limited to first 15 callers.....expires March 31st, 2016

Success Stories: *"My pain came out nowhere- it was a sharp pain below my left scapula that went down my arm and stopped at the elbow. It was sporadic, but it was difficult to find a position in which to sleep. The very first day here alleviated the worst of the pain in the back and neck area. I was amazed! I cannot take NSAIDS so this was the way to go. In the following weeks, the pain, though dull, moved to different parts of my arm. The joint mobilizations helped enormously, but the best part was being taught exercises/stretches that worked the muscles and resolving the muscle knots that were causing the pain. Being educated on what was going on inside and how the stretches helped to resolve the pain was quite helpful"*
———Betsy Aikens

"I was a very active 44 yr. old mother; playing tennis 2x/week, kick boxing 3x/week and lifted weights 2x/week. That all changed when I awoke in the middle of the night with excruciating pain radiating from my neck into my left shoulder and arm. I thought I was having a heart attack and couldn't breathe. Each in-hale was excruciating and I had an unbelievable knot in my shoulder and neck. My husband recommended I call Christine Hayes, his former PT. Chris spent an hour consult with me and identified a pinch nerve in my neck caused by a C5-C6 bulging disc, which was confirmed later by MRI. Within the first 2 weeks of PT, I noticed a significant change and was able to breathe without pain and spasms. I received a combination of hands-on soft tissue and joint mobilization followed by corrective exercises to reposition my disc and restore painfree movement. Within weeks my referral pain down the arm and into my scapula was completely eliminated and I became very conscious of my sitting and standing postures. I was able to return to tennis within 6 weeks and was thrilled! Chris and her staff are amazing. For the first time in my life I truly know what it means to stand up straight. My range of motion and strength has dramatically improved over the last few weeks. If it weren't for the atypical thoroughness in Chris' consultation, coupled with her in-depth knowledge of kinesiology I would still be in a world of crooked, painful hurt. Chris has changed the course of my health and well-being for the better, and I am forever grateful."



———Tara Douthwaite

Christine F. Hayes P.T., P.C.
195 W. Lancaster Ave
Suite 3
Paoli, Pa. 19301



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195 W. Lancaster Ave. Suite 3
Paoli, Pa. 19301

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Look inside and Pass it Along!

Do you or someone you love:
Have pain in your neck that travels down one or both arms?
Experience tingling or numbness traveling down one or both arms?
Is your neck pain keeping you from being comfortable at
work, sleeping or doing your favorite activity?